



# NMCPHC

## Physical Fitness

[http://www.nmcpHC.med.navy.mil/Healthy\\_Living/](http://www.nmcpHC.med.navy.mil/Healthy_Living/)

### About the Program:

"Humans are more Important than Hardware". As the Navy is called to intensify operational tempo based on current world-wide mission requirements, it is imperative for Sailors to be physically fit. Physical fitness of Sailors and Marines is an essential and critical component of operational readiness and meeting deployment schedules. Navy and Marine Corps Public Health Center (NMCPHC) serves as Navy Medicine's program manager for physical fitness. The primary mission of the physical fitness program is to improve Sailor and Marine resiliency/durability.

Optimum physical fitness is defined as the condition resulting from a lifestyle that leads to the development of an optimal level of cardiovascular endurance, muscular strength and endurance, and flexibility, as well as the achievement and maintenance of ideal body weight. In addition to health related components, the NMCPHC physical fitness program emphasizes the importance of motor performance activities such as balance, coordination, and agility. The benefits of physical activity are well established, and emerging studies continue to support an important role for a culture of fitness in maintaining health, well-being, and operational readiness.

### Program Mission:

to provide leadership information about the physical components of well-being that enable service members to function at an optimal operational level.

### Program Goals:

1. Provide products and services that will guide military affiliates in designing, implementing, and evaluating safe and effective physical fitness and human performance programs.
  - Implement assessment and marketing strategies for Navy campaign to improve physical fitness and operational performance.
2. Provide quality information to decision makers in support of physical fitness.
3. Anticipate customer needs, providing effective and timely transfer of information.



*AOC Jermaine Clark demonstrates how to Perform a Romanian Deadlift (RDL). The RDL is one of the 90 Exercises included in The Navy Operational Fitness and Fueling Series (NOFFS).*

### Primary Components:

- Pillar Preparation
- Movement Preparation
- Aerobic (Cardiovascular) Fitness
- Muscular Strength and Endurance
- Flexibility
- Body Movement Skills Training (Core Stability, Balance, Agility, & Coordination)

### Products and Services:

- Resource and supplies development / distribution
- Epidemiology "scientific detective"
- Prevention strategies and programs
- Research and informatics
- Training

